

# HEALTH

**STATE FAIR ENTRY:** Yes- One State Fair entry per level.

**EXHIBIT BY:** Grade. All \* items must come to project judging.

Division	Project Book	Record Sheet
Level A (grades 3 - 5)	BU-08174*	BU-08174*
Level B (grades 6 - 8)	BU-08175*	BU-08175*
Level C (grades 9 - 12)	BU-08176*	BU-08176*
NOTE: You MUST complete 3 activities in your project book each year.		



**JUDGING TIME:** Thursday, **July 15** at 9:00 a.m. Check in your project on Thursday, **July 15** between 7:30 and 8:45 a.m.

## PROJECT DESCRIPTION:

Good health is important to all of us. Boys and girls can learn the principles of good health by enrolling in this project. The beginning division teaches basic first aid and good eating habits. As members advance in this project they will learn about physical fitness, stress management and about health-related careers.

**EXHIBIT:** A poster on one of the three suggested topics per division or any other topic covered in your project book. NOTE: Beginners could exhibit a first aid kit instead of a poster.

- Grade 3 – 1. First Aid for Cuts and Scrapes, 2. First Aid for Choking, 3. First Aid for Strains, Sprains, and Bruises or a family first aid kit.
- Grade 4 – 1. First Aid for Treating Nosebleeds, 2. First Aid for Foreign Objects, 3. First Aid for Stings or Bites or a family first aid kit (including at least 1 Make Your Own item discussed in your 4-H manual .
- Grade 5 – 1. First Aid for Poisons, 2. First Aid for Broken Bones, 3. First Aid for Burns or a family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.),
- Grade 6 – 1. Human viruses or bacteria, 2. Keeping hair, skin, nails, teeth, ears or eyes clean or a report of three activities you completed in the 4-H manual.
- Grade 7 – 1. Nutrient rich "Power" foods, 2. Healthy snacks, 3. Appropriate portion sizes or a report of three activities you completed in the 4-H manual.
- Grade 8 – 1. The importance of eating breakfast, 2. The importance of physical activity, 3. Turning everyday activities into exercise opportunities or a report of three activities you completed in the 4-H manual.
- Grade 9 – 12 - a topic covered in Keeping Fit: Fitness Activities for Youth or a report of three activities you completed in the 4-H manual.

## Poster Requirements:

1. Poster exhibits should have the standardized exhibit card in the lower right hand corner with the 4-H member's name, project and club. You should allow room on your poster for the exhibit card (Height - 3½" x Width – 4¼"). The exhibit card will be available at check-in time at the fair. NOTE: Add your name, club and the date poster was completed in the bottom right corner in permanent ink under the plastic, where the exhibitor card will cover.
2. Posters must be 22" x 28" and DISPLAYED HORIZONTALLY ■ and not vertically ▮ .
3. POSTER MUST BE SELF-SUPPORTING (remain standing when leaned at a slight angle). Use heavy cardboard, foam board, or pegboard for stiffness. For sources of heavy cardboard, contact the Extension Office.
4. All posters must be covered with clear plastic.
5. All posters, notebooks, and display boards **must** include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of a notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the manner in which references are listed.